LifeSource
yoga&health

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				7.00am-8.00am Dynamic Flow Yoga (starts 17 Feb)	8.30am-9.45am Prenatal Yoga Course^	8.30am-9.45am Prenatal Yoga Course^
		10.00am-11.00am Hatha Yoga (starts 15 Feb)		10.30am-11.30am Mature Yoga (starts 24 Feb)	10.00am-11.30am Hatha Yoga	10.00am-11.30am Dynamic Flow Yoga
12noon-1.00pm Meditation	12noon-1.00pm Hatha Yoga		12noon-1.00pm Hatha Yoga	12noon-1.00pm Hatha Yoga		
1.00pm-2.00pm Hatha Yoga	1.00pm-2.00pm Pilates	1.00pm-2.00pm Dynamic Flow Yoga	1.00pm-2.00pm Pilates	1.00pm-2.00pm Prenatal Yoga Course^		
5.30pm-6.30pm Hatha Yoga	5.30pm-6.30pm Dynamic Flow Yoga	5.30pm-6.30pm Hatha Yoga	5.30pm-6.30pm Beginner Yoga Course^		4.30pm-5.45pm Trainee-led Yoga ($10 only)	
6.45pm-8.00pm Dynamic Flow Yoga	6.45pm-8.00pm Hatha Yoga	6.45pm-8.00pm Dynamic Flow Yoga	6.30pm-8.00pm Intermediate Yoga Course^	6.00pm-7.30pm Restorative Yoga		

Call us now!

Life Source Yoga & Health
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www.life-source.com.au

NOTE:
All classes are drop-in classes unless marked ^
^Pre-booking required.
^Please refer to What's New on our website for more course information.

WELCOME PASS:
5 classes in 3 weeks - $45

Drop in class: $20

5 classes (valid for 5 weeks) - $90
10 classes (valid for 3 months) - $175
30 day Unlimited Pass - $148
90 day Unlimited Pass - $390